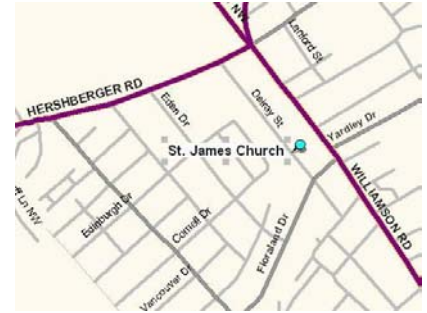




**St. James Episcopal Church  
4515 Delray Street  
Roanoke, VA 24012**



**Invites you to  
Self Help And Resource Exchange  
SHARE IS FOR EVERYONE!**

**SHARE** is a nonprofit program, established to encourage and reward volunteers, and to stretch your food dollars. **SHARE** is a community service and food distribution program and is open to all who wish to participate.

There are no dues and no income restrictions. Each month you have the opportunity to purchase a high quality, nutritious food package at about half the retail cost. Usually the cost is \$20.00 plus a pledge to do two hours of volunteer work of your choice. .

**FERUARY PACKAGES PREVIEW**

<p><b>REGULAR PACKAGE</b> 1# chicken breast strips 1# tilapia fish fillets 1# turkey breast sausage 1# imitation crab, chunk style 2# frozen onion straws 1# spiral seasoned French fries 1 pkg. Apple fruit bars 3# potatoes Assortment of fresh fruits and vegetables <b>\$20</b></p>	<p><b>CHICKEN STUFFED WITH BROCCOLI AND CHEESE</b> 8 - 6 oz./3# box Just bake and eat! <b>\$12</b></p> <hr/> <p><b>BREAKFAST PKG</b> 60.- 3 oz. Pork sausage links wrapped in blueberry pancakes on a stick <b>\$14</b></p>	<p><b>SEAFOOD PKG.</b> 12 oz. Cooked peeled deveined shrimp, tail on 2 - 4 oz. Pkg. Flounder fillets 2 - 4 oz. Pkg. Tilapia stuffed w/shrimp and herbs 2 - 4 oz. Pkg. Tilapia stuffed w/scallops amd Red Pepper 2 - 4 oz. Teriyaki Salmon fillets 4 - 3 oz. Pollack fillets <b>\$18</b></p>
<p><b>REGULAR PACKAGE</b>  MEAT ONLY <b>\$10</b>  VEGGIE ONLY <b>\$10</b></p>	<p><b>STEAK PACKAGE</b> 6 - 8 oz. Boneless NY strip steaks <b>\$16</b></p> <hr/> <p><b>CINNAMON ROLL DANISH PACKAGE</b> 32 - 3 oz, individually wrapped <b>\$12</b></p>	<p><b>SUPPERTIME PACKAGE</b>  Each box contains 7 16oz. Meals which are ready to cook in the oven or microwave (see page 2 for meal list) <b>\$22</b></p>

Orders will be taken at St. James Church on **Saturday, Feb..13th between 12p.m. and 1p.m.**  
. Food will be available and must be picked up on **Saturday, Feb 27th between 11:30 a.m. and 1:00 p.m..**

**Food must be paid for (cash or EBT card) on the day you order.**  
Questions? Call Esther at 366-3177.



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### **SUPPERTIME MEAL LIST**

Grilled Chicken with Tomato Basil Sauce and Penne Pasta  
Sausage with Green and Red Peppers with Sauce over Linguine  
Lasagna with meat sauce  
Baked Ziti with meat sauce and Mozzarella Cheese  
Grilled Chicken Breast Alfredo with Penne pasta & Broccoli Florets  
Beef strips with mashed potatoes, Calif. Blend nixed vegetables & gravy  
Turkey Breast Medallions with roasted potatoes and Calif. Blend mixed vegetables

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